

Modified GAF Scale

TABLE 1. Modified Global Assessment of Functioning (GAF) scale

Guidelines for Scale Use:

1. One Admission GAF score, evaluated on history and symptoms at admissions
One Discharge GAF score, evaluated on symptoms at discharge
One Outpatient GAF score, evaluated on symptoms during current past month
2. Rate LOWEST possible score for each patient

Score
Intervals

90

Absent or Minimal Symptoms

Criteria: Minimal or absent symptoms (e.g., mild anxiety before an examination)
Good functioning in all areas and satisfied with life
Interested and involved in a wide range of activities
Socially effective

No more than everyday problems or concerns (e.g., an occasional argument with family members)

Scoring: A patient with no symptoms or everyday problems - - Rating 88 – 90

A patient with minimal symptoms or everyday problems - - Rating 84 – 87

81

A patient with minimal symptoms and everyday problems - - Rating 81 – 83

80

Some Transient Mild Symptoms

Criteria: Mild symptoms are present, but they are transient and expectable reactions to psychosocial stressors (e.g., difficulty concentrating after family argument.)

Slight impairment in social, work, or school functioning (e.g., temporarily falling behind in school or work)

Scoring: A patient with EITHER mild symptom(s) OR mild impairment in social, work, or school functioning – Rating 78 – 80

A patient with mild impairment in more than 1 area of social, work, or school functioning – Rating 74 – 77

71

A patient with BOTH mild symptoms AND slight impairment in social, work, and school functioning – Rating 71 – 73

70

Some Persistent Mild Symptoms

Criteria: Mild symptoms are present that are NOT just expectable reactions to psychosocial stressors (e.g., mild or lessened depression and/or mild insomnia)
Some persistent difficulty in social, occupational, or school functioning (e.g., occasional truancy, theft within the family, or repeated falling behind in school or work)

But has some meaningful interpersonal relationships.

Scoring: A patient with EITHER mild persistent OR mild difficulty in social, work, or school functioning – rating 68 – 70

A patient with mild persistent difficulty in more than 1 area of school, work, or social functioning – rating 64 – 67

61

A patient with BOTH mild persistent symptoms AND some difficulty in social, work, and school functioning – rating 61 – 63

60	Moderate Symptoms
	Criteria: Moderate Symptoms (e.g., frequent, moderate depressed mood and insomnia and/or moderate ruminating and obsessing; or occasional anxiety attacks, or flat affect and circumstantial speech, or eating problems and below minimum safe weight without depression)
	Moderate difficulty in social, work, or school functioning (e.g., few friends or conflicts with co-workers)
	Scoring: A patient with EITHER moderate symptoms OR moderate difficulty in social, work, or school functioning – rating 58 – 60
	A patient with moderate difficulty in more than 1 area of social, work, or school functioning – rating 54-57
51	A patient with BOTH moderate symptoms AND moderate difficulty in social, work, or school functioning – rating 51 – 53
50	Some Serious Symptoms or Impairment in Functioning
	Criteria: Serious impairment with work, school, or housework if a housewife or househusband (e.g., unable to keep job or stay in school, or failing school, or unable to care for family and house)
	Frequent problems with the law (e.g., frequent shoplifting, arrests) or occasional combative behavior
	Serious impairment in relationship with friends (e.g., very few or no friends, or avoids what friends he/she has)
	Serious impairment in relationships with family (e.g., frequent fights with family and/or neglects family or has no home)
	Serious impairment in judgment (including inability to make decisions, confusion, disorientation)
	Serious impairment in thinking (including constant preoccupation with thoughts, distorted body image, paranoia)
	Serious impairment in mood (including constant depressed mood plus helplessness and hopelessness, or agitation, or manic mood)
	Serious impairment due to anxiety (panic attacks, overwhelming anxiety)
	Other symptoms: some hallucinations, delusions, or severe obsessional rituals
	Passive suicidal ideation
	Scoring: A patient with 1 area of disturbance – rating 48-50
	A patient with 2 areas of disturbance – rating 44-47
41	A patient with 3 areas of disturbance – rating 41-43
40	Major Impairment in Several Areas of Functioning
	Criteria: Serious impairment with work, school, or housework if a housewife or househusband (e.g. unable to keep job or stay in school, or failing school, or unable to care for family and home)
	Frequent problems with the law (e.g., frequent shoplifting, arrest) or occasional combative behavior
	Serious impairment in relationships with friends (e.g., very few or no friends, or avoids what friends he/she has)
	Serious impairment in relationships with family (e.g., frequent fights with family and/or neglects family or has no home)
	Serious impairment in judgment (including inability to make decisions, confusion, disorientation)
	Serious impairment in thinking (including constant preoccupation with thoughts, distorted body image, paranoia)
	Serious impairment in mood (including constant depressed mood plus helplessness and hopelessness, or agitation, or manic mood)
	Serious impairment due to anxiety (panic attacks, overwhelming anxiety)
	Other symptoms: some hallucinations, delusions, or severe obsessional rituals
	Passive suicidal ideation
	Scoring: A patient with 4 areas of disturbance – rating 38-40
	A patient with 5 areas of disturbance – rating 34-37
31	A patient with 6 areas of disturbance – rating 31-33

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TABLE 1. Modified Global Assessment of Functioning (GAF) scale (*continued*)

Score Intervals	
30	Inability to Function in Almost All Areas
	Criteria:
	<i>Unique</i> Suicidal preoccupation or frank suicidal ideation with preparation
	<i>Items:</i> OR behavior considerably influenced by delusions or hallucinations
	OR OR serious impairment in communication (sometimes incoherent, acts grossly inappropriately, or profound stuporous depression)
	<i>Combined</i> Serious impairment with work, school, or housework if a housewife or househusband (e.g. unable to keep job or stay in school, or failing school, or
	<i>Items:</i> unable to care for family and home)
	Frequent problems with the law (e.g., frequent shoplifting, arrest) or occasional combative behavior
	Serious impairment in relationships with friends (e.g., very few or no friends, or avoids what friends he/she has)
	Serious impairment in relationships with family (e.g., frequent fights with family and/or neglects family or has no home)
	Serious impairment in judgment (including inability to make decisions, confusion, disorientation)
	Serious impairment in thinking (including constant preoccupation with thoughts, distorted body image, paranoia)
	Serious impairment in mood (including constant depressed mood plus helplessness and hopelessness, or agitation, or manic mood)
	Serious impairment due to anxiety (panic attacks, overwhelming anxiety)
	Other symptoms: some hallucinations, delusions, or severe obsessional rituals
	Passive suicidal ideation
	Scoring:
	A patient with 1 of the first 3 (unique) criteria – rating 21
	OR a patient with 7 of the combined criteria – rating 28-30
	A patient with 8-9 of the combined criteria – rating 24-27
21	A patient with 10 of the combined criteria – rating 20-23
20	In Some Danger of Hurting Self or Others
	Criteria:
	Suicide attempts without clear expectation of death (e.g., mild overdose or scratching wrists with people around)
	Some severe violence of self-mutilating behaviors
	Sever manic excitement, or severe agitation and impulsivity
	Occasionally fails to maintain minimal personal hygiene (e.g., diarrhea due to laxatives, or smearing feces)
	Urgent/emergency admission to the present psychiatric hospital
	In physical danger due to medical problems (e.g., severe anorexia or bulimia and some spontaneous vomiting or extensive laxative/diuretic/diet pill use, but without serious heart or kidney problems or severe dehydration and disorientation)
	Scoring:
	A patient with 1-2 of the 6 areas of disturbance in this category – rating 18-20
	A patient with 3-4 of the 6 areas of disturbance in this category – rating 14-17
11	A patient with 5-6 of the 6 areas of disturbance in this category 11 – rating 11-13

10	In Persistent Danger of Severely Hurting Self or Others
	Criteria: Serious suicidal act with clear expectation of death (e.g., stabbing, shooting, hanging, or serious overdose, with no one present)
	Frequent severe violence or self-mutilation
	Extreme manic excitement, or extreme agitation and impulsivity (e.g., wild screaming and ripping the stuffing out of a bed mattress)
	Persistent inability to maintain minimal personal hygiene
	Urgent/emergency admission to present psychiatric hospital
	In acute, severe danger due to medical problems (e.g., severe anorexia or bulimia with heart/kidney problems, or spontaneous vomiting WHENEVER food is ingested, or severe depression with out-of-control diabetes)
	Scoring
	A patient having 1-2 of the 6 areas of disturbance in this category – rating 8-10
	A patient having 3-4 of the 6 areas of disturbance in this category – rating of 4-7
0	A patient having 5-6 of the 6 areas of disturbance in this category – rating 1-3